University of Maryland School of Pharmacy

Ew Meds™

Pediatric patients often struggle with taking medications.
One of the most common difficulties with liquid medications is bad taste, making them unpalatable – we call these **Ew Meds**.™

Adrenal glucocorticoids
- Dexamethasone (IV given orally)[1, 2]
- Prednisone generic[1 - 4]
- Prednisolone (as Prelone)[3]

Alpha-adrenergic agonist
- Pseudoephedrine[5]

Anti-infectives
- Cefuroxime axetil[6, 7]
- Ciprofloxacin[8]
- Clarithromycin[6, 7]
- Clindamycin[6, 8, 9]
- Efavirenz[13]
- Erythromycin ethyl succinate[6, 9]
- Griseofulvin[10]
- Linezolid[9]
- Metronidazole[2, 6]
- Nystatin[6, 9]
- Oseltamivir[15]
- Oxacillin[6]
- Penicillin VK[6]
- Ritonavir[14]
- Sulfamethoxazole-trimethoprim[6, 9, 11, 12]

Supplement
- Ferrous Sulfate[15]

Better Tasting Meds

Adrenal glucorcorticoid
- Prednisolone[1, 2, 4] (as Orapred & Pediapred)

Analgesic/Antipyretic
- Acetaminophen[21]
- Ibuprofen[21]

Gastric Acid Inhibitor
- Lansoprazole[22]

Anti-infectives
- Amoxicillin[6, 7, 12]
- Amoxicillin-clavulanate[6, 11, 17, 18]
- Azithromycin[2, 6, 17, 18]
- Cefprozil[10, 17, 18]
- Cefdinir[2, 18]
- Cefixime[6, 11, 12, 17]
- Cefpodoxime[6, 7, 11]
- Cephalexin[6, 8, 9, 11, 19, 20]
- Doxycycline[6]
- Fluconazole[6, 9]

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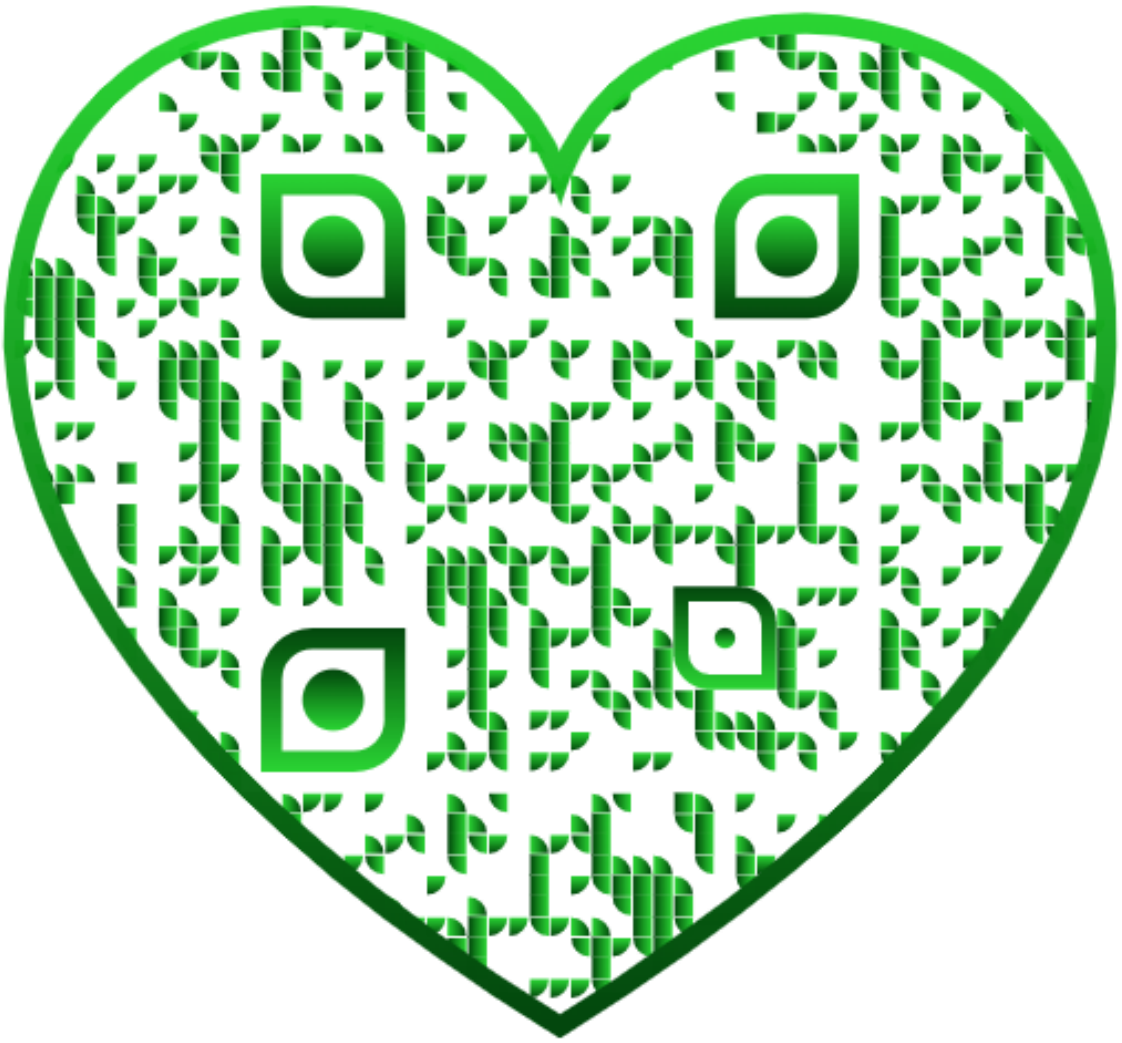

Evidence-Based Taste Masking Recommendations

Taste Masking Technique	Medications with Evidence
Chocolate syrup chaser [7]	Cefuroxime axetil
FLAVORx® [23, 24] (raspberry mixed with vanilla and mango)	Didanosine, Efavirenz, Indinavir, Nevirapine, Stavudine, Zidovudine
Mixing with chocolate milk [24, 25]	Ritonavir
Mixing with grape jelly [26]	Efavirenz
Strawberry-flavor syrup [22, 22]	Ibuprofen, Lansoprazole

Common Taste Masking Practices in Pediatrics*

BEFORE THE MED:

- Give something cold (example: popsicles or ice cubes) to numb taste buds
- Give food like peanut butter or maple syrup to coat the tongue
- Give a flavorful drink like a concentrated powder mix to pre-flavor the mouth
- Add to food or drink only on consultation with a pharmacist
- Have the pharmacy flavor the medication when compounding
- Have the child hold their nose to dampen taste receptors

AFTER THE MED:

- Give salty food to eat
- Give chocolate syrup to coat the tongue and counter the bitter taste
- Give a drink to decrease the risk of aftertaste

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*These are not evidence-based

Flavor-masking Based on Taste

Below is an informative image grouping meds based on drug characteristics and their likely taste.

Use the table ----------> for examples of what flavors best mask those taste characteristics.

Basic Taste	Taste Masking Flavor[27]
Bitter	Chocolate, Mint, Walnut, Wild cherry
Salty	Apricot, Butterscotch, Peach, Vanilla
Sour	Citrus, Licorice, Raspberry
Sweet	Berry, Fruit, Vanilla

BITTER drugs

Acetaminophen, Amoxicillin/Clavulanate, Azithromycin, Cefdinir, Cefixime, Cefpodoxime, Cefuroxime, Cephalexin, Cetirizine, Ciprofloxacin, Clarithromycin, Clindamycin, Diazepam, Doxycycline, Erythromycin ethyl succinate, Efavirenz, Famotidine, Fluoxetine, Gabapentin, Ibuprofen, Levetiracetam, Linezolid, Loratidine, Metronidazole, Nystatin, Oseltamivir, Penicillin VK, Phenobarbital, Prednisone, Pseudoephedrine, Ritonavir, Sulfamethoxazole/trimethoprim, Voriconazole

SALTY drugs

Ferrous sulfate

Sulfamethoxazole/trimethoprim

SOUR drugs

Cefdinir

SWEET drugs

Amoxicillin, Lactulose,

Prednisolone (Orapred/Pediapred)

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Disclaimer: This tool cannot account for all of the variables that may influence the selection of medications for pediatric patients and therefore is not intended to serve as a substitute for sound clinical judgement. If you encounter any errors, please notify Amy Kruger Howard via email akhoward@rx.umaryland.edu.

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